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Summer Fun For Everyone

Sometimes, just the thought of planning a vacation or actually taking the time to work out the details can be overwhelming. We've compiled a list of resources to get you started. From a hike on a nearby trail to a visit to your local museum, there are many activities and opportunities to explore. Here's a list of resources covering a wide variety of interests and age groups – something for everyone.

Adventures and Outings

This is the time of year when you want to be outdoors soaking up the sun. Check out one of the many historical sites or state parks here in Georgia.

■ **Georgia State Parks** at www.gastateparks.org

You can also find out about fun outdoor activities at www.getoutdoorsgeorgia.org.

Or travel to a national park and historic sites for an exciting getaway.

■ **National Parks and Conservation Association** at <http://www.npca.org>

■ **The Online National Park Directory** at <http://www.parkdirectory.com/>



Community Service/Activities

Maybe you've always wanted to get involved in your community but never had the time or did not know where to look. Now is your chance. Here are some volunteer resources and referrals that can help you identify how to help and what you can do.

Feeding America <http://www.feedingamerica.org>

Volunteer Match <http://www.volunteermatch.org/>

Humane Society of the United States <http://www.hsus.org/>

Global Citizens Network <http://www.globalcitizens.org>

Arts and Culture

Perhaps summer is a time to explore new interests or check out your local art museum. Pretend you're a tourist in your own city – you may be surprised at what you find.

Explore Georgia <http://www.exploregeorgia.org>

Museum Stuff <http://www.museumstuff.com>

Georgia Council for the Arts <http://www.gaarts.org>

The sites and links contained within this list are presented as a service and not as an endorsement of the sites, their contents or operators. Every effort has been made to screen links but due to the dynamic nature of the World Wide Web no guarantees can be made as to content.



Be careful of the hours you spend in the sun.

Sun Safety

Summer heat can be brutal for your skin. Sunburns are not only painful, but also dangerous. Follow these tips from the U.S. National Safety Council to protect your skin from sun damage:

- ⚙ Wear sunscreen that blocks UVA and UVB rays. Apply it properly, thoroughly and regularly, even on cloudy days.
- ⚙ Protect your skin with a hat, long sleeved shirts and long pants, and sunglasses to protect your eyes.
- ⚙ Limit exposure to very reflective surfaces, such as sand, water, snow, tile and buildings. These surfaces can increase the risk of a burn or significant skin damage.
- ⚙ Don't use a tanning bed, either at home or at a salon.
- ⚙ Be careful of the hours you spend in the sun. Limit exposure between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- ⚙ Don't leave children or pets unattended in cars.

Remember this tip: If your shadow is shorter than you are, the sun's rays are very intense. At that point, seek shade or get indoors.



School's out for the summer making it a good time to schedule your child's annual wellness visit.

How often does my child need a checkup?

The American Academy of Pediatrics recommends that:

- Newborns should see their doctor within three to five days after birth and within two to three days after leaving the hospital.
- Babies should be seen at age 1 month, 2 months, 4 months, 6 months, 9 months and 12 months.
- Toddlers should be seen at age 15 months, 18 months, 24 months and 30 months.
- After age 3, children should see their doctor once a year.

These guidelines are for healthy children. Children who have health problems or are at risk may need to see their doctor more often.

For more information about preventive care for children, visit the American of Pediatrics web site, www.aap.org or the US Preventive Services Task Force, www.ahrq.gov.



NurseLineSM:
866-696-5846

Looking for ways to **save** money?

Make sure you get the appropriate treatment of care. Trips to the emergency room for colds and flu cost you a lot more than a visit to an urgent care center or convenient care clinic such as Walgreens Take Care clinics or CVS Minute clinics.

Not sure what type of treatment is best? Call NurseLineSM. Available 24 hours a day, 7 days a week, nurses can help you make smart health care decisions. One toll free number connects you with a registered nurse who can assist you and your family with a wide range of health care questions and concerns.

NurseLine nurses are an excellent resource when you need help choosing care, managing a chronic condition, understanding treatment options and more.

"My baby has a temperature of 102 degrees. It's midnight. What do I do?"

"I have diabetes and my blood sugar is really high. How can I better manage my condition and stay healthy?"

"My child was just diagnosed with asthma. Where can I find information and resources? Is there a doctor in my area that specializes in asthma?"

	Free NurseLine	\$ Convenient clinic (located in some pharmacies)	\$ Physician services	\$\$ Urgent care	\$\$\$ Emergency room
Availability	Available 24 hours a day, 7 days a week	Available extended hours & weekends	Generally available during normal business hours	Available extended hours & weekends	Available extended hours & weekends
Service Example	First aid, determining best treatment option, health education, provider search	Colds, flu, quick services	Preventive services, management of acute and chronic conditions	Sprains, strains, sutures	Complex-chest pain, trauma

Please visit

www.dch.georgia.gov/shbp_plans

to view current issues of this publication.

Important contact information

Where to go when you want information

myuhc.com Personalized tools, information and answers for managing your health care. Log on anytime 24/7 to get important benefit, claim and health information on the Internet when it is convenient for you!

www.liveandworkwell.com An informative Web site with a behavioral health clinician directory, comprehensive health articles, tools and more.

NurseLine Services: 866-696-5846. Talk to a Registered Nurse 24 hours a day, seven days a week and access thousands of topics in the Health Information Library.

Care CoordinationSM Refer to the customer service phone number on the back of your ID card.

Definity HRA: 800-396-6515

PPO: 877-246-4189

Choice HMO: 866-527-9599

High-Deductible Health Plan: 877-246-4195

Retirees: 877-246-4190

For any claims or benefit-related questions or issues, please call the customer service number on the back of your card.

The Connection will be made available monthly at the myuhc.com site (www.myuhc.com/groups/gdch) and at www.dch.georgia.gov/shbp_plans to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefit Plan.

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UnitedHealth WellnessSM is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals.

Insurance coverage provided by or through UnitedHealthcare Insurance Company. Health Plan coverage provided by or through United HealthCare of Georgia, Inc.

Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Change and Miscellaneous Update form that is available online at **www.dch.georgia.gov/shbp_plans**. Forms should be completed and returned to your payroll location benefit manager.

For retired employees, please submit the following information:

- Name
- Subscriber number from your UnitedHealthcare ID card or Social Security number
 - Current address
 - New address
 - Telephone number
 - Signature authorizing the address change

Retirees mail to:

State Health Benefit Plan
P.O. Box 1990
Atlanta, GA 30301

